

Rockville Senior Center

Highlights



Counselor's Corner

It is the end of summer and fall is coming. This is a change, a transition. Many find change difficult even with minor changes in season. The days are getting shorter. Holidays are very soon for some and coming up in a couple months for others. We, Aspire Counseling, are here at RSC for you, for individual counseling or for new groups, starting in October if you are having difficulty with the season change, holiday stress, family visits, loss, anxiety, depression, or anything that is affecting your emotions such that you have difficulty functioning. Contact us through the front desk at RSC or through our office at 301-978-9750, or by email, Frederika Granger, LCSW-C at fgranger@we-aspire.org or Jennifer Reynolds, LMSW at jreynolds@we-aspire.org.

What Language Do I Hear In Rockville?

The painting located in the front lobby of the Senior Center was done by Edith Kaplan, a Senior Center member. It represents the many languages found in Rockville. Be sure to take a look at it when you're here!



Maryland Senior Olympics Winner!

Ted Murphy, a Rockville Senior Center member, won seven medals this year. He has won more than 68 medals and holds 12 state records. An article can be found in the Bethesda Magazine May/June Issue titled "Medal Man".



Senior Center Hours:

Monday-Friday,
8:30 a.m.-5 p.m.
Saturday, 8:30 a.m.-1 p.m.
(Drop-in use only)

Fitness Center Hours:

Monday-Thursday,
7 a.m.-8 p.m.
Friday, 7 a.m.-7 p.m.
Saturday, 7 a.m.-4 p.m.

1150 Carnation Drive
Rockville, MD 20850
240-314-8800

For updates and
information visit our
website:

www.rockvillemd.gov/seniorcenter

Follow Rockville Senior
Facebook

www.facebook.com/rockvilleSeniors



Interested in Pickleball?

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net.

Drop In Programs

Thomas Farm community Center Wed & Thurs.
10a.m.-12p.m.

Twinbrook Community Recreation Center Wed.
7-9p.m.

A daily fee, yearly center membership to one location or combo center membership to both locations is available for Thomas Farm and Twinbrook.

Conversational Mandarin

Want to join an informal group to learn a little mandarin? Please come by the front desk to sign up! The volunteer meets with the group on Tuesdays at 2 p.m.

Thursday & Friday Movie Matinees at the Senior Center

September 13 & 14
Adrift

Based on the inspiring true story of two sailors who set out to journey across the ocean from Tahiti to San Diego. Tami Oldham and Richard Sharp couldn't anticipate they would be sailing directly into one of the most catastrophic hurricanes in recorded history. **Rated PG-13** for injury images, peril, language, brief drug use, partial nudity and thematic elements.

September 27 & 28
Won't You Be My Neighbor?

An intimate look at America's favorite neighbor: Mister Fred Rogers. **Rated PG-13** for some thematic elements and language.

September 2018

A full list of classes can be found in our seasonal 60+ Recreation Guide. The guide can be found online at www.rockvillemd.gov/seniorcenter, at the Senior Center or any city facility.

Shop on Amazon?

Log in through smile.amazon.com and search Rockville Seniors, Inc. located in Rockville, MD. You should see "Supporting Rockville Seniors, Inc." underneath the search bar. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases.

Rockville Senior Citizens Commission

Advocates for older individuals in Rockville and provides ambassadors to the senior community. The commissioners gather concerns and promote current city programs that may provide helpful solutions. Join us at the next meeting Thursday, Sept. 20, 1p.m. in the Board room.

8 Week Challenge

The challenge will begin on September 24 and finish November 17. There is a required organizational meeting on Mon., September 17 at 2 p.m. This program is for Fitness members and cardio class participants including all Zumba classes, Aerobic Workout, Easy Feet, Belly Dance. Course # 7116; Free

NEW! Music Theory

Wednesday, 9/26-10/17, 1:30-2:20 p.m.

Grasp the concepts needed to read, write, and comprehend music. Whether you're a student of music or just a music lover, this four week class will help you with playing instruments, singing, or just enjoying the music you love. Course# 7079; \$20/\$25

NEW! Pleasure of Cooking for One

Tuesday, Oct. 2, 1-3 p.m.

In this demonstration cooking class, Chef Sheila Crye will show how to cook for yourself and avoid wasting the leftovers. The remains are ingredients for a second, third and even fourth round of meals. Samples and recipes will be provided. Course# 6173; \$35/\$44

NEW! Ethics

Wednesday, 10/3-11/7, 10:30 a.m.-12 p.m.

This six-week course examines a variety of ways ethics impacts us. Join educator Marvin Adams for lively discussions on topics such as social media - your rights vs company rights, prescription prices - what's a fair profit and more. Course# 6077; \$40/\$50

The Senior Center including the fitness room is closed on Monday, September 3 for Labor Day & Saturday, September 8 for Parking Lot Maintenance.

All programs are held at the Rockville Senior Center unless otherwise noted

Notary Services For Free!

8:30 a.m. – 1:30 p.m.
no appt. necessary but if you would like to call ahead please call 240-314-8810

September Birthday

Wednesday, Sept. 5,
1:30-3 p.m.

Entertainment by: Splendid Rockville Performing Group
Sponsored by: Arden Courts Potomac and Jean Gregory
Course# 5152; Free

Knight of Columbus Senior Dinner and Dance

Saturday, Sept. 15
Limited space so please sign up ASAP. 240-314-8810

Young In Heart

Thursday, Sept. 20, 11 a.m.
First meeting of the fall. All members were mailed complete information.

Wine & Cheese Open House

Tuesday, Sept.25, 4:30-6 pm
Enjoy an evening out to meet new friends and the staff at the Senior Center. Bus transportation is available to Rockville residents by calling 240-314-8810. A \$3 donation is recommended at the event for the Program Assistance Fund. Register for transportation and event by Sept. 18. Sponsored by Sunrise of Rockville. Course# 7071